PSHE Knowledge Organiser

Health and wellbeing - What helps us stay healthy?	Year 1	Autumn Term 2

Key Vocabulary

Diet	The food that we eat.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Exercise	Movement of the body for our health and fitness.
Goal	Something you want to achieve.
Growth mindest	Believing that we can achieve things if we work hard. 'I can't do it YET!
Healthy	Being well, both physically and mentally.
Physical activity	Something that requires someone to move their body.
Relaxation	Doing calming activities such as having a bath or reading a book.
Skill	The ability to do something well.
Strengths	The things we are good at.

Health tips



Breathing exercises can help us to relax.



Only eat foods which are high in fat, sugar and salt occasionally.



Brush your teeth at least twice a day to keep them healthy.

Getting help

If you are worried about anything, talk to an adult you trust at home or at school.

Sticky Knowledge



We can have more than one feeling at the same time.

How we are feeling can affect our bodies inside and out.



Physical activity helps to keep our body and mind healthy.



Relaxation helps our bodies but also helps us deal with difficult situations.

We can practise and set goals to get better at something.



We sometimes need to keep trying to achieve a goal.



We need to eat a variety of foods to be healthy.



Some foods are bad for our teeth.